

**Seattle Parks and Recreation  
Southwest Community Center & Pool  
2801 SW Thistle  
Spring 2003 Programs**

**March 31st - June 22nd**



**(206) 684-7438 - Center**

**(206) 684-7440 - Pool**

# GETTING STARTED

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## HOURS OF OPERATION

### Community Center

Monday & Wednesday	10:00 AM - 9:00 PM
Tuesday & Thursday	1:00 PM - 9:00 PM
Friday	1:00 PM - 9:00 PM
Saturday	9:00 AM - 5:00 PM
Sunday	CLOSED

### Pool

Monday - Thursday	12:00 PM - 9:30 PM
Friday	12:00 PM - 8:00 PM
Saturday	10:00 AM - 2:00 PM
Sunday	11:00 AM - 6:00 PM

## PROFESSIONAL STAFF

### Aquatic Center Co-Coordinator

Nancy Eisner/Diane Jones

### Acting Community Center Coordinator

Naseri Kitona

### Assistant Center Coordinator

Barb Drake

### Assistant Aquatic Center Coordinator

Matt Richardson

### Administrative Support Assistant

Heidi Hudson

### Teen Development Leaders

Carrie Fulton/Mike Browne

### Recreation Leader

Carol Stocks

### Senior Lifeguard

Mark Cantrell

### Pool Operator

Mark Sears

### Custodian



## ADMINISTRATIVE STAFF

### Superintendent of Parks and Recreation

Kenneth R. Bounds

### Parks & Recreation Operations Director

Christopher Williams

### Recreation Manager, SW District

Katie Gray

## VISIT OUR SEATTLE PARKS AND RECREATION AQUATICS WEBSITE

at : <http://cityofseattle.net/parks/aquatics/index.htm>

Community Center at: <http://www.ci.seattle.wa.us/parks/swcc.htm>

Pool at: <http://www.ci.seattle.wa.us/parks/aquatics/swpool.htm>

West Seattle Human Services Website at: <http://www.wslyncs.org>



# COMMUNITY INFORMATION



## MISSION STATEMENT

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

## SOUTHWEST ADVISORY COUNCIL

The Southwest Advisory Council invites you and your family to enjoy recreational activities at Southwest Community Center and Pool. If you would like to work with other like-minded citizens in the development and operation of programs at Southwest Community Center you are invited to join the council. The council meets on the third Thursday of each month at the center at 7:00 PM. If you are interested in becoming a member you may call (206) 684-7438 and ask for Peggy or Nancy.

## WESTWOOD NEIGHBORHOOD COUNCIL

The Westwood Neighborhood Council meets at Southwest Community Center at 7:00 PM on the second Thursday of each month. They discuss issues dealing with transportation, schools, parks, and land use in our area.

## NON-DISCRIMINATION POLICY

As a matter of policy, law, and commitment the Seattle Parks & Recreation Department does not discriminate on the basis of race, creed, color, sex, marital status, sexual orientation, political ideology, age, religion, ancestry, national origin, or the presence of any sensory, mental, or physical disability. Accommodation will be made on request for persons with disabilities. If you need sign language interpretation or other accommodations, please call (206) 684-7438 or (206) 233-7061 (TDD only.) If possible, please allow 10 working days advance notice for sign language interpretation or auxiliary aide. If a class or activity is scheduled in an area that is not accessible to wheelchairs, we will make every effort to help find a similar program in a more acces-

## HELP WANTED

We would love to have your talent and energy here at Southwest Community Center. We need your help to ensure that all of our participants receive the coaching, teaching, and leadership required to make them better players and people as they grow up. We need your help in many sports and programs regardless if you are young or mature. You may have other areas of talent to share so please contact the staff about how we can put your talents to good use! **For further information about volunteer and paid opportunities, please contact Junior or Barb by phone at (206) 684-7438, or drop in.**

**Paid Positions Available!**  
**Summer Day Camp Staff**

## SPRING SPECIAL EVENTS



### ANNUAL PLANT & CRAFT SALE

This annual event is a favorite in the community. Gardeners will have their best plants for sale, and craftsmen will have their gifts for sale. A great place to get a Mothers Day present! Come for your chance to win one of many wonderful door prizes throughout the day. The facility will also have a FREE public swim from 1:00 - 2:00 PM.

Saturday May 3rd  
Time: 10:00 AM - 4:00 PM  
Free Swim: 1:00 - 2:00 PM

### PLANT AND CRAFT VENDORS WANTED

Reserve your table for the Southwest Community Center's annual Plant & Craft Sale. To have a vendor packet mailed to your home, please call #684-7438.

### SPRING EGG HUNT

FREE

Again this year we join Westwood Village Shopping Center to host an egg hunt for children 2 to 10 years of age. Fun and prizes for all. Volunteers needed.

Location: Roxhill Park  
Saturday: April 19th  
Time: Promptly at 10:00 AM



### FLASHLIGHT EGG HUNT

FREE

Teens ages 11 - 14 are invited to the Southwest Community Center's annual Flashlight Egg Hunt! Bring a container for your goodies and don't forget your flashlight!!! Meet at the Community Center.

Friday: April 18th  
Time: 8:00 - 9:00 PM  
Cost: FREE!



### SPRING BREAK DAY CAMP

A great place for kids to have fun during spring vacation. Quality leadership, a positive environment and the opportunity for children to develop self esteem, motor skills, and friendships. Arts and crafts, games, sports, swimming and much more.

April 7th - 11th 7:00 AM - 6:00 PM  
Fee: \$100.00 for the week  
or \$25.00 per day

# SPRING SPECIAL EVENTS



## SENIOR ADULT POTLUCK AT THE POOL

Swim and socialize at Southwest Pool!  
Bring your favorite dish to share. We hope  
to see everyone there.

Thursday, March 13th     2:30 - 3:30 PM



## FAMILY SCIENCE NIGHT

FREE

Environmental explorations come to Southwest in Partnership with the Pacific Science Center. Sign up early to reserve your family's place.

Wednesday, April 23rd     6:30 - 8:30 PM  
Cost:     FREE!

Next one June 4th, 2003



## SPRING CLEAN RUMMAGE SALE

What a better way to clean out your closets! Reserve your table today for \$10.00. We will take care of the advertising. Resaleable items may be donated to the children's program table. Donated items may be dropped off at the community center one week prior to the sale. 10% of total sales goes back to the center for scholarship programs. To reserve your table call #684-7438.

Saturday, April 26th     10:00 - 2:00 PM  
Table Fee:     \$10.00



## APRIL POOL'S DAY

The Seattle Parks and Recreation Department, in partnership with Children's Hospital, Washington Parks and Recreation, and the King County Drowning Prevention Coalition, wish to invite you and your family to April Pool's Day. This FREE event at Southwest Pool enables families to learn water safety by practicing in the water with personal flotation devices, testing foul weather gear, performing reaching assists, and learning about rescue breathing. After an hour of hands on activities, participants are welcome to stay for a free swim!

Saturday, April 12th     10:00 - 12:00 PM



# DAILY POOL SCHEDULE



## MONDAYS AND WEDNESDAYS

6:00-7:30* AM	Early Morning Lap Swim
Noon-1:30 PM	Adult/Senior Adult Swim
3:00-4:00	Lap Swim
4:00-4:30	Swim Lessons
4:30-5:00	Swim Lessons
5:00-6:30	Lap Swim
5:30-6:30	Masters Workout
6:30-7:15	Diving Lessons
6:30-7:00	Swim Lessons
7:00-7:30	Swim Lessons
7:30-8:15	Hydro-Fit
7:30-8:30	Shallow end Public Swim
8:30-9:30	Adult Swim

## TUESDAYS AND THURSDAYS

Noon-1:30 PM	Adult/Senior Adult Swim
1:30-2:30	Sr. Adult Water Exercise
2:45-3:45	ASAP Program
4:00-5:00	YMCA Swim Team
4:30-5:00	Competitive Stroke
5:00-6:00	Lap Swim
6:00-6:30	Swim Lessons
6:30-7:00	Swim Lessons
7:00-7:30	Swim Lessons
7:30-8:30	Public Swim
8:30-9:15	Hydro-Fit
8:30-9:30	Adult Water Aerobics

## FRIDAYS

6:00-7:30* AM	Early Morning Lap Swim
Noon-1:30 PM	Adult/Senior Adult Swim
1:30-2:30	Family Swim
3:00-4:00	Lap Swim
4:00-5:30	\$1.00 Public Swim
5:30-7:00	Lap Swim
6:00-7:00	Masters Workout
7:00-8:00	Family Swim
8:00-10:00	Rentals (Call to Schedule)

## SATURDAYS

10:00-11:00 AM	Youth Swim & Fitness
11:00-Noon	Swim Lessons
Noon-1:00 PM	Adult/ Sr. Adult Swim
1:00-2:00	Public Swim
2:00-10:00	Rentals (Call to Schedule)

## SUNDAYS

11:00-12:30 PM	Adult/Senior Adult Swim
12:30-2:00	Swim Lessons
2:00-3:00	Family Swim
3:00-4:00	Special Pops Lessons
4:00-5:00	Public Swim
5:00-6:00	Lap Swim
6:00-10:00	Rentals (Call to Schedule)



\*Admission to EMLS by swim ticket only





## AMENITIES / FEES & CHARGES



### MERCHANDISE FOR SALE

Goggles	\$5.00-7.00
Shampoo	\$6.00
Conditioner	\$6.00
Swim Caps	\$3.75-8.00
Nose Plugs	\$4.00
Ear Plugs	\$4.00
Wave Webs	\$14.00
Stretch Bands	\$4.50
Bottled Water	\$1.00
Dive Rings	\$5.00
Reusable Swim Diapers	\$7.00
Little Swimmer Diapers	\$1.25

### 13-STATION UNIVERSAL GYM

We offer a 13-station universal gym on the pool deck. Use of the weights is free with admission. Youth under the age of 16 may not use the weights. Sixteen & seventeen year olds using the weights must be supervised by an adult. Patrons must be dry and proper workout attire is required to use the weights.

### THERAPY SPA & SAUNA

Our therapy spa and sauna are available for use during all normal operating hours. The sauna is free with your admission fee. The spa is an additional \$.50 during recreational times. To use just the spa during non-recreational swim times the cost is \$3.25 for Adults and \$2.25 for Senior Adults. **Please Note:** Youth under the age of 13 are not allowed into the spa without an accompanying adult. Youth under 16 must be accompanied into the sauna by an adult.

### FACILITY FEES & CHARGES

Youth (1-18)	\$2.25
Adult (19-64)	\$3.25
Senior Adult (65 & over)	\$2.25
Special Population	\$2.25
Masters Workout	\$3.75
Water Aerobics	\$3.75
Hydo-Fit/Aqua Jog	\$3.75
Sr. Adult Water Aerobics	\$2.50
Non-Recreation Spa, Weights, Sauna Use	\$3.25
Spa Pass (20 admissions)	\$10.00
Recreation Pass (save \$2.00)	\$20.00
Fitness Pass (save \$3.00)	\$30.00
Fast Pass Adult (one month unlimited)	\$45.00
Fast Pass Senior/Youth	\$35.00

### REHABILITATION THROUGH WATER EXERCISE

This one-to-one program provides individualized water exercise to meet a variety of rehabilitation needs. Anyone who has experienced problems with arthritis, joint pain, or suffered from stroke or heart problems can increase mobility, flexibility, and strength. Cost is \$22.00 per 1/2 hour class and this fee includes spa use. As with any new fitness program please consult your doctor before signing up for this class. You may call the Aquatic Coordinator for more details and information at (206) 684-7440.



## RECREATIONAL PROGRAMS



### ADULT/ SENIOR ADULT SWIM

A recreational swim period for adults 19 years and over. Fast, medium, and easy lanes available for fitness swimming plus an open area for water walking or exercise.

**Please Note:** All lanes will be in during busy times.

Monday through Friday	Noon - 1:30 PM
Monday & Wednesday	8:30 - 9:30 PM
Saturday	Noon - 1:00 PM
Sunday	11:00 - 12:30 PM

### LAP SWIM

This program is designed for the serious swimmer as well as those who want to work on conditioning. We have lanes set aside that designate different swimming ability levels.

M/W/F	6:00 - 7:30 AM
M/W/F	3:00 - 4:00 PM
M/W	5:00 - 6:30 PM
T/TH	5:00 - 6:00 PM
Friday	5:30 - 7:00 PM
Sunday	5:00 - 6:00 PM

**Please Note:** Private swim lessons may be taught during this time. Instructors will keep their students in lanes 1 and 2 if we

### PUBLIC SWIM

This is a recreational time for all ages. You may bring your clean masks, fins, snorkels, life preservers, and water wings to use. Life guards reserve the right to deny flotation devices during heavy use. Diving boards and slide are alternately opened to allow for deep water swimming. Children not meeting our height requirement of 3'6" feet must be accompanied into the water by an adult 18 years or older. Youth under the age of 18 must pass a swim test in order to swim in the deep end.

Monday - Thursday	7:30 - 8:30 PM
<i>(Monday and Wednesday evening public swims are shallow end only.)</i>	
Friday (\$1.00 swim)	4:00 - 5:30 PM
Saturday	1:00 - 2:00 PM
Sunday	4:00 - 5:00 PM



### FAMILY FLOAT SWIM

The family float swim is a recreational time for the family. A parent/guardian must accompany youth under 18 years of age. This is an excellent time to bring very young children in to practice swimming skills. This is a great time to make swimming a family affair. Single adults are welcome.

Friday	1:30 - 2:30 PM
Friday	7:00 - 8:00 PM
Sunday	2:00 - 3:00 PM





# AQUATIC FITNESS PROGRAMS



## SENIOR ADULT WATER EXERCISE

Shallow end Senior Adult Water Exercise provides a recreational as well as a therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while improving their cardiovascular system. No swimming ability required.

Tuesday & Thursday 1:30 - 2:30 PM

Class Fee: \$3.75 Adults/ \$2.50 Senior Adults

## ADULT WATER AEROBICS

Shallow end Water Aerobics is a workout consisting of warm-up, stretching, 30 minutes of aerobic activity, and a cool down. Participants can expect to work on strength and toning while getting a great workout. No swimming ability required.

Tuesday & Thursday 8:30 - 9:30 PM

Class Fee: \$3.75 Adults/ \$2.50 Senior Adults

## ADULT HYDRO-FIT

Hydro-Fit is a 45 minute deep water, non-impact adult exercise program that can work the whole cardiovascular system. The use of specially designed buoyancy and resistance apparatus provide a demanding workout for the whole body. Some deep water swimming ability required.

Monday & Wednesday 7:30 - 8:15 PM

Tuesday & Thursday 8:30 - 9:15 PM

Class Fee: \$3.75 Adults/ \$2.50 Senior Adults

## MASTERS WORKOUT

An experienced coach supervises an interval workout of 2500 yards or more. Different lanes for different abilities. Stroke work and helpful tips will be offered during this time.

Mon & Wed 5:30-6:30 PM

Friday 6:00-7:00 PM

Cost: \$3.75 Adults





## SWIM LESSON SCHEDULE



Days	Dates	# of classes	Youth/Adult	Open Registration
<b>M &amp; W</b>				
Session II	2/26 - 3/26*	9	\$36.00	February 5th at 6:00 PM
Session III	3/31 - 4/30	10	\$40.00	March 26th at 6:00 PM
Session IV	5/5 - 6/11**	11	\$44.00	April 30th at 6:00 PM
	*Session starts on Wednesday			
<b>T&amp;TH</b>				
Session II	2/27 - 3/27*	9	\$36.00	February 5th at 6:00 PM
Session III	4/1 - 5/1	10	\$40.00	March 26th at 6:00 PM
Session IV	5/8 - 6/12*	11	\$44.00	April 30th at 6:00 PM
	*Session starts on Thursday			
<b>Saturday</b>				
Session II	3/1 - 4/5	6	\$24.00	February 5th at 6:00 PM
Session II	4/19 - 6/14	9	\$32.00	April 5th at 12:00 Noon
<b>Sunday</b>				
Session II	3/2 - 4/13	7	\$28.00	February 5th at 6:00 PM
Session III	4/20 - 6/15	9	\$32.00	April 13th at 4:00 PM

### NOTE-

A minimum of four students is required for all youth swimming classes. Programs may be combined or canceled if minimum enrollment is not met.

### SWIM LESSON REGISTRATION - LOTTERY SYSTEM

Southwest Pool's open swim lesson registrations is conducted by a lottery system. At the time registration begins, random numbers will be distributed to all people waiting to register. Numbers will be called in order, beginning with #1, and registration will continue until all those present have been served.

SUMMER SWIM LESSON REGISTRATION BEGINS  
MONDAY, JUNE 16TH AT 6:00 PM

### LEARN TO SWIM

Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for FREE swimming lessons for all 3rd and 4th grade students enrolled in Seattle Public Schools. The FREE swim lesson program is available for the first time beginner as well as the more advanced swimmer.

For "Learn to Swim" information,  
please call your local  
Seattle Parks and Recreation swimming pool  
or visit the web  
[www.cityofseattle.net/parks/aquatics/learntoswim.htm](http://www.cityofseattle.net/parks/aquatics/learntoswim.htm)



# SWIM LESSON DESCRIPTIONS



## TOTS

This class is an introduction to the water for infants and toddlers 6 months to four years of age. The instructor teaches the parent how to teach the child basic water skills and water safety. Each child must be accompanied into the water with a parent/adult.

M/W	6:30 - 7:00 PM
T/Th	6:30 - 7:00 PM
Saturday	11:30 - Noon
Sunday	1:30 - 2:00 PM



## KINDER LEVEL AGES 4 - 6

Kinder age swim lessons are taught in four progressive levels, K1 through K4. K1 and K2 classes cover water adjustment and basic skills for children with little or no swimming experience. K3 and K4 progress to more advanced skills. Every class also includes

## LESSON TIMES

**Please Note:** Not all levels are offered at all class times.

### Monday & Wednesday

4:00-4:30 PM, 4:30-5:00 PM, 6:30-7:00 PM, 7:00-7:30 PM

### Tuesday & Thursday

6:00-6:30 PM, 6:30-7:00 PM, 7:00-7:30 PM

### Saturday

11:00-11:30 AM, 11:30-Noon

### Sunday

12:30 PM-1:00 PM, 1:00-1:30 PM, 1:30-2:00 PM

## YOUTH LEVEL AGES 7 - 15

Youth swim lessons are offered in progressive skill levels, L1 through L7. These classes are designed for youth ages 7 through 15 years and cover basic to advanced swimming skills. Water safety is included in each skill level.

## ADULTS

We offer swim lessons for older teens, adults, senior adults, and special populations. From the very beginner swimmer to the more advanced swimmer, the instructors can meet your needs and help you attain your goals.

Days: Monday & Wednesday  
Time: 7:00 - 7:30 PM

## SPECIAL POPULATION SWIM LESSONS

Southwest Pool offers small or individualized swim classes for youth with special needs. We have a comfortable pool lift and portable steps available for non-ambulatory patrons. Use of the therapy spa is also available for an additional \$0.50.

Days: Sundays  
Time: 3:00 - 3:30 PM

## PRIVATE LESSONS

Southwest Pool offers private swim lessons to those interested in one-to-one attention. Private lessons allow for concentrated instruction to meet individual needs. Cost is \$22.00 per 1/2 hour lesson or \$32.00 for a semi-private lesson. Spa fee \$.50. Contact Nancy Eisner or Diane Jones, Aquatic Co-Coordinators at (206) 684-7440 to schedule.



# SPECIALITY SWIM LESSONS



## COMPETITIVE STROKE CLASS

Learn advanced stroke techniques, turns, racing starts while building endurance. Learn proper technique diving off the blocks and get in a good workout too! Pre-requisite: you must have a skill level of Red Cross level 6 or higher.

**T/TH 4:30-5:00 PM**

Session II: 2/27 - 3/27\* \$36.00  
 Session III: 4/1 - 5/1 \$40.00  
 Session IV: 5/8 - 6/12\* \$44.00

## YOUTH SWIM & FITNESS

This program is for youth and teens ages 10 years to 18 who have the swimming ability of level 6 or higher. This fitness program is designed to give young swimmers a challenging workout through interval training. Registration for this class is on a monthly basis.

**Saturday: 10:00-11:00 AM**

March	3/1, 3/8, 3/15, 3/22, 3/29	\$40.00
April	4/5, 4/19, 4/26	\$24.00
May	5/3, 5/10, 5/17, 5/24, 5/31	\$40.00
June	6/7, 6/14	\$16.00

## SPRINGBOARD DIVING

Try our diving class and learn the fundamentals of springboard diving, body position, proper form & technique, plus safety will be taught. **Pre-requisite: Level 5 swimming ability or higher.** Instructor: Sue Bonney

**Mondays 6:30 - 7:15 PM**

Session II: 3/3 - 4/14 \$42.00  
 Session III: 4/21 - 6/9 \$42.00  
 (no class 5/26)

**Wednesdays 6:30 - 7:15 PM**

Session II: 3/5 - 4/16 \$42.00  
 Session III: 4/23 - 6/11 \$48.00

## RED CROSS LIFEGUARD TRAINING CLASS

This class will prepare youth 15 years and older to become lifeguards. The course will include CPR for the Professional Rescuer, First Aid, and Lifeguard Training. The certification is required for those who wish to work as a lifeguard. Early paid pre-registration is a must for this popular class. There will be a 500 yard pre-test on the first night. Appropriate Red Cross books, a resuci mask, and attendance at every lesson are class requirements. For further information, please contact Nancy or Diane at the pool.

Session I: 3/3 - 3/31  
 Pre-test 2/26 @ 8:30 PM  
 Session II: 4/16 - 5:14  
 Pre-test 4/14 @ 8:30 PM  
 Mon/Wed 7:00 - 10:00 PM

Costs:

Course	\$90.00
Books	\$34.95
Resusci mask	\$12.25
<b>Total Cost</b>	<b>\$137.20</b>

## NORTHWEST LIFEGUARD TEST PREP

Session I: Wednesday, April 2nd  
 8:00 - 10:00 PM \$35.00  
 Session II: Wednesday, May 19th  
 8:00 - 10:00 PM \$35.00

## CPR-FPR CHALLENGE

Session I: Wednesday, April 9th  
 7:00 - 9:00 PM \$35.00  
 Session II: Wednesday, May 21st  
 7:00 - 9:00 PM \$35.00

## LIFEGUARD TRAINING CHALLENGE

Saturday, June 7th  
 1:00 - 5:00 PM \$35.00

# PRESCHOOL & YOUTH PROGRAMS

## CHILDREN'S CREATIVE DANCE AND BALLET

Kids will get to experiment with movement while using great classical music that encourages the imagination and the spontaneity of this age group. Our goal is for children to feel supported, comfortable, and free to explore their ideas about what dance can be. Great for self esteem and confidence in a group. The basics of ballet will develop strength, coordination, flexibility, and alignment.

Instructor: Sandra Dobra  
Ages: 4 - 7 years

Mondays 6:00 - 7:00 PM  
Session I 3/31 - 5/5  
Session II 5/12 - 6/16  
6 weeks \$42.00



## KINDER CLUB

This popular preschool class offers social interaction through singing, art, and educational games as well as activities including motor skill development and cooking. Your child must have turned three by August 31st 2002 and must be completely potty trained. Children need only bring a clean change of clothes.

Instructor: Carol Stocks  
Ages: 3 - 5 years  
Days: Mon - Thursdays  
Time: 9:30 AM - 12:00 PM  
Monthly  
Class Fee: \$45.00, one day a week  
\$85.00, two days a week  
\$125.00, three days a week  
\$160.00, four days a week

## ROMPIN' STOMP

Fun, creative rhythms, music, and movement for toddlers and pre-schoolers. You and your children will play instruments, sing, dance and have a great time! Parents can participate too!

Instructor: Carol Stocks  
Ages: 2 1/2 - 5 years  
Fridays 1:15 - 2:00 PM  
9 weeks: 4/18 - 6/13

## CARTOONING & DRAWING

A cartoon makes a point in a vivid and humorous way. Students learn how to translate their ideas into cartoons by learning how to make convincing cartoon characters, lettering and more. Basic drawing pointers will be covered too.

Instructor: Richard Serpe  
Ages: 8 - 18 years  
Mondays: 5:30 - 6:30 PM  
12 weeks: 3/31 - 6/16  
Class Fee: \$67.00

## THE GREAT CLAY ADVENTURE

Play dirty, work in clay. From pinch pots to dinnerware, you'll find it in this class. Participants will receive step by step instruction from the simplest clay techniques to challenging works of art. Participants will discover the joy and challenge of working in clay. Dress for mess.

Ages: 3rd grade and up  
Tuesdays 5:00 - 6:30 PM  
8 weeks: 4/1 - 6/17  
Class Fee: \$96.00





## YOUTH PROGRAMS



### PIANO LESSONS

Learn basic, intermediate, and advanced technique! Develop your music theory and interpretation skills through classical, contemporary, or jazz music. Lessons are one half hour in length. Lesson times arranged on an individual basis with instructor. Payment is due after arrangements with the instructor have been made.

Instructor: Alice Huang  
Ages: 8 - Adult  
Thursdays only  
10 weeks: 4/3 - 6/5  
Class Fee: \$123.00



### YOUTH KARATE

Build self-esteem, self control, and self defense techniques while you make new friends. Learn basic concepts and forms of Japanese Btukokukan Karate. You will also be introduced to concepts from Kenpo, Kung-Fu, and Aikido.

Instructor: Tyron Asphy  
5th Degree black belt  
Ages: 8 - 18 years  
Days: Tuesdays & Thursdays  
12 weeks: 4/1 - 6/19

Class Fee:	5:30 - 6:30 PM	\$80.00
	5:30 - 7:00 PM	\$120.00

## SCHOOL AGE CARE

Director Ms. Carol Stocks has an early childhood degree and is a STARS and American Red Cross trainer.

### EARLY BIRD BEFORE SCHOOL CARE

Southwest Community Center is a licensed day care program with the State of Washington and has started a before school program this last fall in addition to their outstanding after school program. The center staff is enrolling elementary age participants and activities will include homework assistance, cooking, life skills, and board games. Transportation needs to be arranged with your child's school for pick-up. DSHS payments are accepted. No morning cartoons here! Limited space.

Monday through Friday 7:00 - 9:15 AM

\$95.00 per month

### AFTER SCHOOL CARE

Looking for a quality licensed program? Our after school program focuses on homework assistance, recreation and building social skills. Healthy snacks provided each day. Space limited and transportation will not be provided this year from schools. Waiver days and holidays are not included in the monthly fee. DSHS payments are accepted.

Monday through Friday 3:10 - 6:30 PM

\$150.00 per month

### BEFORE AND AFTER SCHOOL CARE

Combine the early bird and after school care for \$220.00 per month. Waiver days and holidays not included in the monthly fee. Early release days accommodated.



# YOUTH PROGRAMS



## DANCE CALIENTE

Boys and girls are invited to come and learn hip hop, cha cha, swing, and salsa to the songs you love. Train with Anna Carling, a latin and swing dance competitor.

Instructor: Anna Carling

Ages: 6 - 14

Fridays: 5:00 - 5:45 PM

Session I 4/4 - 4/25

Session II 5/2 - 5/23

Session III 5/30 - 6/20

4 week sessions: \$20.00 per session

## BEGINNING BALLET

Ballet students will learn balance, coordination, and beginning technique. Students should wear ballet slippers and comfortable clothes. No class 1/20 or 2/17.

Instructor: Sandra Dobra

Ages: 7 - 12 years

Monday 7:00 - 8:00 PM

Session I 3/31 - 5/5

Session II 5/12 - 6/16

6 weeks: \$42.00

## YOUTH TRACK

This program is geared for all skill levels. Meet new friends and have fun while learning a new sport. A copy of your child's birth certificate and a parent permission slip must be submitted at the time of registration. Sign-ups will begin Monday, March 3rd, 2003. Practices will begin in April. Volunteer help is needed.

Boys & Girls 6 - 17 years

# SUMMER DAY CAMP



## SUMMER DAY CAMP INFORMATION

Summer Day Camp registration begins April 7th beginning at 6:00 PM. The Southwest Day Camp runs each week of the summer for youth ages 5 - 12. Weekly themes make this camp jam packed with fun, and organized activities. A \$20.00 non-refundable deposit is required to reserve each week desired. For more information you may call (206) 684-7438. \*Camp fills early every year. Register early to ensure your spot!

Dates: June 23rd - August 29th

Per week fees:

Option 1: 7:00 AM - 6:00 PM

Option 2: 10:00 AM - 4:00 PM

Wanted: People interested in being summer day camp staff, please call #684-7438 for more information.

## TEEN PROGRAMS

### OPEN GAME ROOM

Teens ages 11-17 can drop into the gameroom to play video games, play pool, listen to music, and hang out. Teens need to have a parent authorization form on file.

### SOUTHWEST TEEN COUNCIL

The Teen Council will meet every 1st and 2nd Thursday of each month from 2:00 - 4:00 PM. Youth ages 11-17 are invited to apply and join the council. Council members will work along side the Southwest Community Center Advisory Council to improve the center and teen program. Applications can be picked up from the SWCC front desk.

### YOUTH APPRECIATION WEEK

April 4th - 11th  
Field trips and activities T.B.A. Calendars will be available at the front desk.

### PROGRAMS TO LOOK FOR

Rec Basketball Leagues  
Video Production Program

### YOUNG LADIES AND YOUNG MENS GROUP

Youth ages 11 - 17 meet in the gameroom to discuss important personal and social issues in an open and confidential environment. Participants need to have a parent authorization form on file and sign in.

Tuesdays 4:30 - 6:00 PM

### YOUTH ASSET PROGRAM

This program that incorporates asset building along with community service will take place from April to June. Youth will be asked to participate in classes one night a week, along with a service project on a weekend. Participants will receive a stipend at the end of the program. Applications can be picked up from the shack or the SWCC front desk. \*Exact dates and times will be available with the applications.

For questions regarding the teen program or to register, please contact Carrie or Mike @684-7438.

## CERTIFICATION TRAININGS

### CPR & FIRST AID

All classes are lead by a Red Cross certified instructor. You will receive Red Cross certification cards after the completion of the class.

Saturday, March 8th	9:00 AM - 6:00 PM
Saturday, May 31st	9:00 AM - 6:00 PM
Tue - Thu, June 3,4 & 5	6:00 - 9:00 PM
Saturday, June 21st	9:00 PM - 6:00 PM

Class Fee: \$45.00

### HIV / AIDS INSTRUCTION

Presented by Red Cross for childcare providers to understand universal precautions and blood borne pathogens.

Instructor: Carol Stocks

Saturday, May 3rd 9:00 AM - 5:00 PM

Class Fee: \$35.00



# ADULT PROGRAMS



## SEWING AND QUILTING FABRICS

Looking for more people to join the group. Non-seniors, men, beginners, give it a try! Let your creative side out.

Mondays 10:00 - 12:30  
Fee: FREE

## SALSA & MERENGUE DANCE

Swing to those Latin Rhythms with the 2 hottest dances that are sweeping the country. Class will cover the basic steps, footwork variations and a variety of turns. Partner not required. No class 1/20 or 2/17

Instructors: Ray K. Jones and Karen Butner  
Mondays: 7:15 - 8:15 pm  
Session I 3/31 - 5/5  
Session II 5/12 - 6/16

## PIANO LESSONS

Learn basic, intermediate, and advanced technique! Develop your music theory and interpretation skills through classical, contemporary, or jazz music. Lessons are one half hour in length. Lesson times arranged on an individual basis with instructor. Payment is due after arrangements with the instructor have been made.

Instructor: Alice Huang  
Ages: 18 & Up  
Thursdays only  
10 weeks: 4/3 - 6/5  
Class Fee: \$123.00

## ADULT KARATE

Build self-esteem, self control, and self defense techniques while you make new friends. Learn basic concepts and forms of Japanese Btukokukan Karate. You will also be introduced to concepts from Kenpo, Kung-Fu, and Aikido.

Instructor: Tyron Asphy, 5<sup>th</sup> degree black belt  
Ages: 18 and older  
Days: Tuesdays & Thursdays  
12 weeks: 4/1 - 6/19

Class Fee: 5:30 - 6:30 PM \$80.00



## BELLY DANCING

Try your talent as a femme fatale (or just enjoy some great stretching and fun exercise while learning history and basic steps of this exotic Middle Eastern dance form). Instructor Shoshanna teaches Egyptian, Arabic, and modified US Cabaret styles, including basic zil (finger cymbal) patterns at beginning to intermediate levels. Wear comfortable, cool clothing. Great activity for mothers and daughters. Class may be extended at student request.

Instructor: Shoshanna  
Ages: 16 - 80\* years  
Mondays 7:00 - 8:00 PM  
5 classes 4/7, 4/14, 4/28, 5/5 & 5/12

\*Younger or older students with instructor's permission.

## SENIOR ADULT PROGRAMS

### REGISTRATION INFORMATION

#### Spring Quarter Dates:

April 7th - June 20th 2003

Class registration opens March 17th beginning at 10:00 AM.

**Call (206) 684-4115 to register.**  
**(206) 684-7438 after 2:00 PM**

Mail all checks payable to:  
**Senior Adult Advisory Council**  
**Senior Adult Programs**  
Attention: Mary Dalzell @  
Southwest Community Center  
2801 SW Thistle St  
Seattle, WA 98126

### DAY TRIPS

Once a week. Call #684-4951 for a detailed list to be mailed to you.

Day Trips: Tulip Fields of La Conner  
Mariner's Game  
Point Defiance Zoo & Aquarium  
Husky Women's Softball  
Crabfiest & Cruise  
Kirkland  
Port Angeles  
Heronswood Nursery  
Tacoma Interurban Tour

### LIGHT YOGA

6 WKS/\$20.00

No experience necessary. Instructor Jaki Reed.

Session 1: April 4, 18, 25, May 2, 9, 16  
Session 2: May 23, 30, June 6, 13, 20, 27  
Fridays 10:30 - 11:30 AM

### COMPUTER CLASSES

FREE

Westwood Heights computer lab is open to the public. The following classes are offered free of charge:

Jump start to the Internet-beginners  
(6 1hr. sessions)

M/W/F 10:00 - 11:00 AM

E-mail & Cruise the Web

T/TH 4:00 - 5:00 PM

Greeting cards, we make, \$0.05 5:00 - 6:00 PM

Open Access: M/W/F/ Sat. 11:00 - 2:00 PM

T 9:00 - 11:00 AM

T/TH 5:00 - 8:00 PM

To register call #932-6942

### FITNESS FOR LIFE

\$18.00/36.00

Work out from head to toes. Use of dyna bands, sticks, & weights. Build up your strength and flexibility. Bring one pound weights to class.

Tuesday 10:00 - 11:00 AM

Friday 9:30 - 10:30 AM

### SALSA DANCE

6WKS/\$20.00

The music gets ahold of you and you can't help but to dance. Great exercise.

Instructor: Karen Butner

Class dates: April 10 - May 15

Thursdays 10:00 - 11:00 AM





# SENIOR ADULT PROGRAMS



## APRIL FOOLS DANCE

FREE

Jayla McGill, our fabulous line dance instructor will again lead us in this fun filled first day of April with dances and good humor for all at Hiawatha.

April 1st 10:45 - 11:45 AM Hiawatha

## TALENT SHOW

DONATION

So popular the first time, that we will do it again! An event not to be missed. Call Mary at #684-4115 to register your talent. This performance will be at the West Seattle Sr. Center. Call the Sr. Center to register for lunch #932-4044

April 23rd 11:30 - 1:30 PM

## PICKLEBALL

FREE

Indoor game that is a cross between tennis and ping pong. This is a good cardio workout.

Tuesdays 12:30 - 2:30 PM

Thursdays 12:30 - 2:30 PM

## CAMP LONG WALKS

FREE

Opportunity to walk the trails for exercise and the enjoyment of the natural surroundings. Wear appropriate shoes. Meet at building entrance. Please call Mary to register #684-4115.

Wednesdays\* 11:30 - 12:15 PM

\*2nd and 4th Wednesdays of the month beginning April 9th.

## BOOK CLUB

Meets 3rd Thursday of each month at 1:00 PM at the Southwest Library.

## DANCE CAPERS

\$5.00

West Seattle Sr. Center presents tap dancers, specialty acts of Hawaiian, Charleston, and more. Ginny Tyler, former Mouseketeer will MC. Event will be held at Arts West Playhouse. Call #932-4044 for tickets.

May 18th 2:00 PM

## GUEST SPEAKER

FREE

Seattle Art Museum will speak on their current exhibit, Hero's. Discussion deals with society's ideas of hero's/ anti-hero's through the medium of art. Need minimum of 15. Pre-register by May 12th.

May 20th 11:00 AM Southwest

## MOTHERS DAY PARTY

FREE

Ice cream social with entertainment. Let us show you how much we appreciate all your hard work over the years.

May 9th 12:00 PM Southwest

## BRIDGE CLUB

FREE

Drop-in play for experienced players. Wednesdays 11:00 - 3:00 PM



## THISTLE STREET STUDIO



### POTTERY AND CERAMIC ART

Southwest Community Center's pottery studio on Thistle Street was built in 1976 and is open to everyone. It has served the West Seattle area for over 26 years by providing the tools, equipment and workspace needed for potters to create their own works of art.

The studio is equipped with electric wheels, electric kilns, extruder, slab roller, and glaze mixing materials. You may sign up for a quarterly membership or simply take individual classes that interest you.

### CERAMIC SCULPTURE

This class will allow you to develop your skills at this remarkable art. Building hollow forms is the focus working in 3 different techniques: coiling, slabwork and pinching.

Instructor:	Richard Serpe Jr.
Ages:	16 & up
Mondays	6:30 - 8:00 pm
12 weeks:	3/31 - 6/16
Class Fee:	\$125.00



### ADULT WHEELTHROWING

An 8 week adventure in the methods used to create fully functional pottery. You will learn centering, pulling, trimming and finishing, and form and shape. Make bowls, cylinders and plates. The pace will be determined by the class, keeping it simple and fun! Instructor has a degree in fine arts.

Instructor:	Michael Eric Den-
	nett
ages:	18 & up
Wednesdays:	6:00 - 7:30 PM
8 weeks:	4/2 - 6/18
Class Fee:	\$125.00

### POTTERY STUDIO TIME

The studio is open to potters experienced in basic skills of throwing, glazing, and firing. Clay must be purchased from Southwest Community Center. There will be additional charges for all firings.

Winter Quarter Dates:	3/31 - 6/22
Fee:	\$125.00



# THISTLE STREET STUDIO



## TILE AND MOSAIC WORKSHOPS

Our instructor for the tile and mosaic workshops is Jaki Reed, who has a Bachelors of Fine Arts and is an accomplished artist in a number of different mediums. You may contact her directly at (206) 938-0418 if you have questions about these workshops.

For each workshop a step-by-step handout and resource list is provided. All materials are included in the class fee. No experience necessary. Suitable for teens, adults, and parent-child teams. Please pre-register. Dress to mess.



### MOSAIC MIRROR

Decorate a mirror with colorful tile chips, pottery

shards, shells, marbles, and personal memorabilia. You will be guided through the mosaic process from prepping the board to sealing the grout. All materials are included in class fee. No experience necessary. Dress to mess.

Saturday	Saturday, April 5th
Time:	10:00 AM - 4:00 PM
Registration:	\$10.00 (when you sign up)
Class Fee:	\$45.00 adults / \$35.00 teens (pay instructor on day of class)

### TILE PAINTING WORKSHOP

Each person will paint four 6x6-inch tiles which will be fired during the week and available for pick up the following Saturday. Suitable for teens, adults, and parent-child teams. All materials included.

Saturday	Saturday, March 15th
Time:	10:00AM - 2:00 PM
Registration:	\$10.00 (when you sign up)
Class Fee:	\$30.00 adults/\$15.00 kids & teens



## GROUP RATE

Sponsor an Arty Party! When 4 or more friends sign up together, get a 20% discount on class fee for your whole group. Questions? Call 938-0418



# REGISTRATION INFORMATION



## MAIL

### -COMMUNITY CENTER ONLY

Send completed and signed registration form along with a check or credit card information to:

**Southwest Community Center  
2801 SW Thistle St**

## FAX

### -COMMUNITY CENTER & POOL

Fax in registration will be accepted with credit card payment only. Fax completed and signed registration form with credit card information. FAX: (206) 233-7295 Please FAX your information between the hours of 9:30AM - 7:00 PM.

## PHONE

### -COMMUNITY CENTER & POOL

Telephone registration will be accepted with a credit card payment only. Pool phone registration taken only after open registration dates.

(206) 684-7438 - Community Center  
(206) 684-7440 - Pool

## WALK IN

### -COMMUNITY CENTER & POOL

Walk in registration is taken:

Monday - Thursday	Noon - 9:00 PM
Friday	Noon - 9:00 PM
Saturday	10:00 AM - 4:00 PM
Sunday (pool only)	11:00 AM - 6:00 PM

## REGISTRATION

**Open registration dates for the community center:** February 28th

**Open registration dates for the pool:**  
March 26th beginning at 6:00 PM  
(Please refer to page 9 for other registration dates)

Open registration for those not currently enrolled is on a first come first serve basis. The first day of registration for each session requires walk in registration only. After March 26th, registration can be taken by mail, fax, or phone in the order that it was received. **Please Note: Mail in registration is for the Community Center classes only.** Please make checks or money orders payable to *Southwest Advisory Council* for community center classes and *Southwest Pool* for pool programs. Mail in registrants are advised to call to confirm that your registration has been received. Your cancelled check is your receipt. If the class has been filled prior to receiving your registration we will call you. Be sure to provide a day time phone number with your registration form. **Management reserves the right to cancel classes due to insufficient demand.**

**Swimming pool only:** Fax, and phone registration will be taken beginning March 27th for the first session. Check page 10 for other registration dates. Registration will be taken for only one session at a time. A pre-test may be required before signing up children who have not participated in swim lesson programs here at Southwest Pool. Reduced fees for swim lessons are available for those who qualify. Contact the Aquatics Coordinator for more details. Information will remain confidential.



# REGISTRATION INFORMATION



## MAIL IN REGISTRATION - COMMUNITY CENTER ONLY

Name: \_\_\_\_\_

Parent or Guardian Name (if participant is under 18): \_\_\_\_\_

Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Have you ever enrolled in a class here before? ☐ Yes ☐ No

Program Name	Participant's Name	Birth Date	Sex	Date	Day(s)	Time	Fee

Donation

Fee Total

Method of Payment:

☐ Check

☐ Visa

☐ Mastercard

Full name on the card \_\_\_\_\_  
(Please print clearly)

Signature \_\_\_\_\_

Card number \_\_\_\_\_

Expiration date \_\_\_\_\_

**Office use only:** Receipt number: \_\_\_\_\_

Signature: \_\_\_\_\_

By signing above, I hereby waive and release any and all rights and claims that may be had or might arise against the City of Seattle Parks and Recreation because of the participation in any of Southwest Community Center's programs. The City of Seattle is not responsible for lost or stolen articles. I also allow photographs to be taken during Southwest Community Center's programs to be used in the promotion of any future



## REFUND POLICY

For community centers, swimming pools, small craft centers and other recreation providers, it is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

1. Any person who registers for a class, camp, special event or program that is cancelled for any reason by the Department or the Advisory Council will receive a full refund.
2. Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund within 14 days of its start (or before the second session of a class), may receive a refund minus a service charge.
3. Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start, (or after the second session of a class), will receive no refund.

**Please read the entire policy for specific information.**

## FEES AND CHARGES

Parks and Recreation fees and charges are necessary to provide financial support to the Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from parks and recreation activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund.

## SCHOLARSHIPS

Seattle Parks and Recreation encourages participation by low-income City of Seattle residents. Scholarships or low-income rates are available for some youth instructional programs. Scholarships are limited to specific programs and are granted based on financial

SEATTLE PARKS & RECREATION DEPARTMENT  
SOUTHWEST COMMUNITY CENTER & POOL  
K1442  
2801 SW THISTLE  
SEATTLE, WASHINGTON 98126

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